

Sweet Potato , Feta and Ricotta Pie



Serves	Prep Time	Cooking	Total Time	Calories
0 people				498 kcal

Stuff that's in it:

- 250G Ricotta Cheese
- 150G Feta Cheese
- 250G Spinach Leaves
- 2 Cloves Garlic (Chopped)
- 1 Leek (Washed, Sliced)
- 5 Filo Pastry Sheets
- 1 Tbsp Butter (Melted)
- 600G Sweet Potato (Peeled, Sliced Into Thin Discs)
- 1 Egg
- 2 Tbsp Fresh Dill (Chopped)
- 1 Tsp Salt And Pepper

What you do:

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Pre heat oven to 175c (fan assist)□

Start by placing your sliced potato in a pan of hot water and par boil for less than 10 minutes

Drain and allow to cool □

Add a little oil to a large fry pan, heat , add Your finely chopped leek to the pan and gently cook

Star to add the spinach in by handfuls and wilt gently□

Take off the heat then in a separate bowl□

Whisk the egg then add the ricotta and break up the feta and mix, add the chopped dill, salt and pepper □,

pop the pan of spinach on again to heat up a little , then add the ricotta mix and gently fold in, just warm

enough to get everything mixed□

Pat dry the sweet potato then layer it out in the baking dish you are using (I used a round 12” diameter shallow baking dish)□

Add the spinach mix on top□

Then add a sheet of filo over the top , I cut round mine to make it fit the dish

Then the next layers just gently lay on top crinkled up like corrugated iron□

Melt the butter and either spray or gently baste the crinkles so it’s all covered□

Squirt a little oil if needed too

Slice into 4 then (stops it breaking up slicing once cooked)

Pop into the oven for around □25/30 minutes.

Nutrition

• Carbs: 56g

• Protein: 20g

• Saturated Fat: 12g

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